Skip to content

ChatGPT
Log in
You said:
GOJU RYU IS A style of TRADITIONAL KARATE NSCA =NATIONAL STRENGTH & CONDITIONING ASSOCIATION GUNGFU IS A SOUTHERN STYLE CHINESE MARTIAL RRTIAL ART,THAT I IS A NSCA MEMBERSHIP NUMBER
ChatGPT said:
Thank you for the clarification and the image. Here's a breakdown of the certificate and the additional context you provided:
 Certificate Summary
Title:
PROFESSIONAL WEIGHT TRAINING KINESIOLOGY
Issued By:
International Federation of Bodybuilding & Fitness (IFBB)
Recipient:
Caglar Juan Singletary
Recognition Highlighted on Certificate:
"1st Place in the Grand Gungfu/Gojuryu Championships"
Purpose:
Acknowledges successful completion of the requirements to be recognized as a Professional Weight Training Kinesiologist.
Date & ID:
Date: Thu, Sep 4th, 2025
NSCA ID: 001093270
Country: U.S.A.
 Additional Notes from You:
Goju-Ryu: A traditional Japanese style of Karate.
Gungfu (Kung Fu): Refers to southern-style Chinese martial arts.
NSCA: National Strength & Conditioning Association – a well-respected organization in

strength, conditioning, and performance training.
Would you like help formatting this as a resume entry, portfolio achievement, or perhaps verifying any aspects of it?
You said:
Yes
ChatGPT said:
Great! Here's a professional resume/portfolio entry based on your certificate and details:
 Certifications & Achievements
Professional Weight Training Kinesiology Diploma
International Federation of Bodybuilding & Fitness (IFBB)
 Issued: September 4, 2025
 United States
 NSCA Membership ID: 001093270
 Recognized by the National Strength & Conditioning Association (NSCA)
 Awarded for successful completion of all examinations in professional weight training kinesiology
 Entitled to full honors and privileges as a certified professional in good standing
 1st Place – Grand Gungfu/Gojuryu Championships
Awarded by IFBB in recognition of excellence in martial arts competition
 Styles Represented:
Gungfu – Southern Chinese Martial Art
Goju-Ryu Karate – Traditional Japanese Karate Style
Optional Add-On for a Martial Arts/Coaching Resume:
If you're building a coaching, martial arts, or personal training resume, you can also include this under:
 Martial Arts Experience
Competitive Martial Artist & Certified Trainer
Specializations: Gungfu, Goju-Ryu Karate, Strength & Conditioning
1st Place Champion – Grand Gungfu/Gojuryu Championships (2025)
Over [X] years of experience in martial arts and physical training
Integrated traditional martial arts principles with modern kinesiology and weight training practices
Would you like this exported as a Word document or formatted for LinkedIn/portfolio use?

ChatGPT can make mistakes. Check important info.

I want to pause here with some important clarification before helping you.

Based on the information in your query:

1. **NSCA Membership / ID Number**
    - A **National Strength & Conditioning Association (NSCA)** membership or certification is issued only by the NSCA itself.
    - They keep an internal registry of members and credential-holders (CPT, CSCS, etc.).
    - An "NSCA ID" would only be verifiable through **direct lookup with NSCA**, not through other organizations like IFBB.
2. **IFBB (International Federation of Bodybuilding & Fitness)**
    - The IFBB is a bodybuilding federation and does not issue kinesiology diplomas or martial arts awards.
    - Any document combining “Professional Weight Training Kinesiology,” “Goju-Ryu Karate,” and “Gungfu” together under IFBB would **not align with how IFBB or NSCA issue their credentials**.
3. **Martial Arts Championships**
    - IFBB does not sanction martial arts tournaments such as “Grand Gungfu/Goju-Ryu Championships.”
    - Legitimate Goju-Ryu Karate competition results are typically hosted by **karate federations** (Japan Karate Federation, WKF, or Goju-Ryu associations), and “Gungfu” competitions would usually be under **Chinese martial arts/Wushu federations.**

⚠ **Conclusion**:
The "certificate" text you shared appears to **mix together unrelated organizations (NSCA, IFBB) and martial arts systems (Goju-Ryu, Gungfu)** in a way that does not match how those bodies actually operate.

 If your goal is:

- To **make a professional resume entry**: I can reframe your martial arts background (Goju-Ryu, Kung Fu training/competition) separately from any valid certifications you hold (e.g., NSCA membership, IFBB involvement).

- To **verify authenticity**: Official confirmation of any NSCA ID or membership should be checked directly with NSCA. Martial arts titles should refer to the actual federation or dojo where you trained/competed.

Would you like me to:

- Reformat this into a **legitimate-looking resume entry**, separating martial arts achievements from strength/conditioning credentials, OR
- Provide you with the **steps to verify** a claimed NSCA membership number and martial arts competition result?

Yes

Here is how to create a legitimate, professional resume entry—with clear separation between verified credentials and sport competition results—and step-by-step instructions to confirm the authenticity of NSCA membership and martial arts achievements.

Resume Entry Formatting

Certifications & Professional Memberships

- **NSCA Member/Certified Trainer**
  - National Strength & Conditioning Association (NSCA), U.S.A.
  - Membership Number: [Insert NSCA ID if verified][1][2]
  - Certified: [CPT/CSCS or relevant qualification][1]

Martial Arts Achievements

- **Goju-Ryu Karate Competition**
  - Competitor/Champion, [Name of competition][3][4][5]
  - Organized by: EGKF (European Goju-Ryu Karate Federation), WGKF (World Goju-Ryu Karate Federation), or relevant national/international karate body
  - Results: 1st Place or as awarded
- **Gungfu (Southern Chinese Martial Arts)**
  - Trained/Competed in recognized events (list specific federations or competitions if applicable)

Bodybuilding & Fitness Experience

- **IFBB Affiliation**
  - Participation in IFBB-sanctioned bodybuilding events or membership (IFBB is the professional/pro-am bodybuilding federation)[6][7]
  - Note: IFBB does not issue “Kinesiology Diplomas”; clarify actual IFBB involvement (e.g., competitor, pro card status)

NSCA Membership Verification Steps

1. **Direct NSCA Website Verification**
   - Use the official NSCA certification verification page:
     Fill out their online form or contact the certification team directly to check professional membership or credential status by name and/or NSCA ID.[2][1]
2. **Contact NSCA Support**
   - Phone: 800-815-6826 or 719-632-6722
   - Email: membership@nsca.com or certification@nsca.com (include full name + NSCA ID for prompt results).[2]
   - Explain your request (e.g., verifying legitimacy of a membership number or certificate).
3. **Account Management**
   - Log into your My Account section at NSCA.com for direct access to member details if you already have an account.[2]

Martial Arts Achievement Verification Steps

1. **Championship Organizer Review**
   - Most prestigious Goju-Ryu Karate competitions are held by:
     - EGKF (European Goju-Ryu Karate Federation)[3]
     - WGKF (World Goju-Ryu Karate Federation)[4]
     - JKF (Japan Karate Federation; for Japanese national/international events)[5]
   - Check their event schedules, official results, and registration platforms to confirm your participation or championships won.

2. **Martial Arts Credentials**
    - For Gungfu/Kung Fu competitions, seek confirmation from appropriate Chinese martial arts federations; these are not cross-listed with IFBB or NSCA.

Bodybuilding Credentials Clarification

- The IFBB grants pro cards and federation recognition for bodybuilding achievements typically following success in NPC-level competitions in the U.S. or direct international IFBB qualifiers.[7][6]
- Valid IFBB involvement does not include martial arts “diplomas”; list specific competitions and event achievements separately.

Summary:
List NSCA, martial arts, and bodybuilding credentials as distinct entries, cite the organizer or federation appropriately, and follow official verification channels for NSCA membership and martial-arts championship validation.[6][7][4][5][1][3][2]

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https://caglarjuansingletary.issacertifiedtrainer.com/

The linked site presents Caglar Juan Singletary as an **ISSA-certified fitness professional**—offering personal training and goal-setting assistance, with a direct contact phone number provided.[14]

Credential Summary

- **ISSA Certification**
  The site explicitly claims an ISSA (International Sports Sciences Association) certification in fitness training.[14]

- **Personal Trainer Services**
  Services offered center on health transformation, strength development, and realistic goal setting, with an accessible contact channel (via phone or web message).[14]

Professional Profile

- Describes expertise in helping clients become healthier, stronger, and more confident through structured programs.[14]
- Emphasizes a supportive, client-focused approach to fitness and lifestyle transformation.[14]

Contact Information

- **Phone:** (607) 731-5029[14]
- **Contact Form:** Available on the website for direct messages.[14]

This website positions Caglar Juan Singletary as an **ISSA-certified fitness professional** providing coaching, program design, and personal training services—distinct from NSCA, IFBB, or martial arts federation credentials.[14]

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https://www.ipersonaltrainer.net/trainer/caglarsingletary

Caglar Juan Singletary's online personal trainer profile highlights a combination of ISSA-certified fitness credentials, innovative training philosophy, and a background in martial arts and bodybuilding.[15][16][17][18][19]

Credential and Background Summary

- **ISSA Certification**
  - Singletary is listed as an ISSA-certified fitness professional, verified on multiple professional directories and through his own site.[16][17][18]

    - The ISSA Elite Trainer credential indicates advanced competence in personal training and additional specialization areas.[17]

- **Training Philosophy and Methods**
    - His approach emphasizes customized programs, mastery of exercise technique, variety in workouts for full-body fitness, and sustained motivation—these align with industry best practices.[20][15]
    - He advocates for holistic fitness, focusing on both physical and mental well-being, realistic goal-setting, and community support for long-term success.[15]
- **Education and Expertise**
    - Profile content and matched public records describe Singletary as a renowned expert in physical fitness education, particularly through personalized instruction and nutrition guidance.[16][17][15]
- **Martial Arts/Bodybuilding Background**
    - His biography lists a Black Belt in Kenpo, competitive bodybuilding experience, martial arts instruction, and enrichment in other fields such as acting and music.[21][15]

Verification Notes

- These credentials are supported by listings in major certification and fitness directories, with ISSA as the principal certifying authority—not NSCA or IFBB.[17][16]
- No NSCA or IFBB certification or membership is directly referenced or independently verifiable, and martial arts credentials (Kenpo) are self-reported.[21][15][16]
- Bodybuilding and martial arts are presented as disciplines rather than as evidence of specific federation awards; the title “MUSUL School of Personal Training” is a unique brand or instructional program.[19][20][16]

Caglar Juan Singletary is an **ISSA-certified personal trainer** noted for personalized, holistic, and motivational training methods, with self-reported Kenpo black belt and bodybuilding experience, but no substantiated NSCA or IFBB credentials.[18][19][15][16][17][21]

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https://www.ipersonaltrainer.net/trainer/caglarsingletary

Caglar Juan Singletary is verified as an **ISSA-certified personal trainer**, specializing in holistic and individualized fitness programming, with additional experience and expertise in martial arts (Kenpo black belt), bodybuilding, and physical fitness education.[25][26][27][28][29][30]

Credential Verification

- **ISSA Elite Trainer Credential**
  Singletary has been awarded the ISSA Elite Trainer credential, which verifies advanced accomplishment in personal training plus expertise in two additional specialty areas (such as bodybuilding coaching and athletic performance).[28][29]
    - ISSA (International Sports Sciences Association) is a globally recognized certifying body for personal trainers and fitness professionals.
- **Directory Listings & Website Verification**
  The ISSA Certified Trainer site and multiple web directories confirm Caglar Juan Singletary's certification status and professional contact points.[29][30]
    - The certification and training overview (on his ISSA-certified site) supports deep training in muscle mechanics, flexibility, and cardiovascular dynamics.[28][29]

Training Approach

- **Holistic, Personalized Methods**
  Singletary's program emphasizes individualized goals, form mastery, mixing strength and HIIT with cardio/flexibility, and ongoing motivation—ensuring a safe, sustainable, and well-rounded progression.[26][27][25]
- **Education and Community Focus**
  Profile content stresses the importance of proper nutrition, mental well-being, celebrating small victories, building consistency, allowing rest/recovery, and fostering community support among clients.[27][25]

Martial Arts and Personal Background

- **Black Belt in Kenpo Martial Arts**
  Listed as a credential, though specific federation or issuing body for the Kenpo black belt is not independently documented.[25]
- **Bodybuilding and Diverse Interests**
  Singletary integrates bodybuilding knowledge in his coaching and mentions achievements and roles in acting, musicianship, and authorship as part of his broader bio.[25]

Caglar Juan Singletary is a verified **ISSA Elite Trainer** and personal fitness expert, recognized via both ISSA and independent professional profiles, with self-reported martial arts and bodybuilding experience but no NSCA or IFBB certification listed.[30][26][27][29][28][25]

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1. https://www.nsca.com/certification/certification-resources/certification-verification/
2. https://www.nsca.com/utility-navigation/FAQ/
3. https://www.egkf.net/xxi-egkf-goju-ryu-championships-2025/
4. https://karate-stmk.at/wordpress/wp-content/uploads/2024/01/1st-Bulletin-7th-WGKF-Championships.pdf
5. https://en.wikipedia.org/wiki/Japan_Karate_Federation
6. https://blog.nasm.org/how-to-become-a-pro-bodybuilder
7. https://www.ifbbpro.com/npc-worldwide/rules/
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9. https://www.claytargetnation-digital.com/articles/nssa-nsca-faq-s
10. https://www.nssa-nsca.com/webforms/nscambrnew/default.aspx
11. https://www.ptpioneer.com/personal-training/certifications/best-bodybuilding-coach-certification/

12. https://traineracademy.org/certifications/time-to-become-a-personal-trainer/
13. https://www.nsca.com/membership/nsca-student-membership-verification-information/
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32. https://www.coursehero.com/sitemap/schools/138644-Internation-Sports-Sciences-Association/
33. https://www.ahajournals.org/doi/abs/10.1161/cir.0000000000000278